

## CALCIUM FOR YOUR CHILD

You already know that calcium is an important building block for your child's bones and teeth. It also helps the blood clot and does many other things.

Children need a lot of calcium. They get it in what they eat and drink every day.

Many foods have some calcium in them. But the very best foods for calcium are the foods in the Milk, Yogurt and Cheese Group.

Young children should get 4 servings a day from this group. A serving of milk is  $\frac{1}{2}$  cup each. Or, give a slice of cheese or  $\frac{1}{2}$  cup of yogurt or 1 cup of cottage cheese, ice cream or frozen yogurt.

### If Your Child Does Not Like Milk, Try These Ideas

- Is your child going through “a stage”? Give water with meals, not a sweet drink. Wait for this stage to pass.
- Give milk drinks with snacks. Cocoa, lowfat chocolate milk, and milk shakes are fun to drink.
- Cheese is high in calcium. Give it for snacks, on sandwiches or as part of meals.
- Make soup with milk. Let your child drink it from a cup. It is easier to eat that way.

## If Your Child Cannot Digest Milk

- Most children can drink small amounts of milk without any problems.

Give small amounts of milk with a meal or snack.

Try cheddar cheese and yogurt. Your child may have no problem with them.

- Make sure your child is eating a lot of different foods from all of the food groups. Many foods have some calcium in them, and they do add up.

### Here are some other foods high in calcium:

- calcium fortified juices and foods
- dried beans of all kinds
- tofu
- salmon with bones
- sardines with bones
- chili with beans
- broccoli, brussels sprouts, collards and other greens

**For more ideas, ask to talk with the dietitian or nurse.**



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